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2 ACCUSED IN TERROR PLOT

An RCMP officer shakes hands with two men after a transfer of a terror suspect at Buttonville Airport in Markham, Ont., just north of Toronto, on Monday. The RCMP announced that they have arrested two suspects and charged them with conspiring to carry out a terrorist attack against a VIA Rail passenger train in the Greater Toronto Area. Two people, Chiheb Esseghaier and Raed Jaser, have been charged. **Story, page 4.** ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE VIA GETTY IMAGES

Rock royalty coming to the Queen City

The long and winding road ... to Regina.
Sir Paul McCartney to play Mosaic Stadium this August

Paul McCartney is seen playing at Edmonton's Rexall Place last November. METRO EDMONTON FILE

ALYSSA MCDONALD
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Saskatchewan has another reason to get loud — and maybe to twist and shout.

Coming off a successful week of Juno Awards festivities, Reginans are soon to be visited by rock 'n' roll royalty in the form of a British knight.

Concert promotions firm Live Nation Canada announced on Monday that Sir Paul McCartney, the former Beatle and international dreamboat, will perform a show in Saskatchewan for the first time.

"You have people who have their entire lives wrapped up in these songs, so this is the one time they are going to go see it," Paul Haagenson, Live Nation president, said at Mosaic Stadium at Taylor Field, where the concert will be held.

McCartney, 70, will take the outdoor stage on Aug. 14 and play with his band for approximately three hours in a set filled with songs from his vast Beatles, Wings and solo repertoires.

"(It's) just an arsenal of hits, just one after another," Haagenson said. "Here is a guy out here for three-and-a-half hours, giving it his all, and that's also part of the magic."

McCartney's Regina show is one of only three to be held across Canada in the coming months. He will also make stops in Winnipeg and Ottawa.

The legendary rocker's performance is among Saskatchewan's major events this year, along with the CFL's Grey Cup game in Regina in November and the Memorial Cup junior hockey championship in Saskatoon next month.

"We've just come off a big Junos weekend," said Premier Brad Wall, "and this just adds to it."

Tickets will go on sale next Monday at 10 a.m., with a presale for Roughriders season ticket holders, and will range from $35 to $250. REACTION, PAGE 3.

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Regina looking for input for first-ever cultural plan

Keri Panchuk practises the violin at last year's Symphony Under the Sky in Regina. Regina culture vultures will be able to throw in their two cents on Tuesday when the city hosts an open house on its first-ever municipal cultural plan. JEFF MACKEY/METRO

Have your say.
Public gets chance to weigh in on how city will deal with cultural assets

JEFF MACKEY
jeff.mackey@metronews.ca

Regina culture vultures will be able to throw in their two cents on Tuesday when the city hosts an open house on its first-ever municipal cultural plan.

The event will be held at the Conexus Arts Centre from 6:30 p.m. to 8:30 p.m. The new cultural plan is meant to be a long-term guide for cultural life in Regina's neighbourhoods with the aim of making the city more vibrant and attractive.

"Increasingly, Canadian cities are really pursuing cultural planning and policy making," said Jeff Erbach, co-ordinator of cultural development with the city.

"At the city level is where you will find the most community discussion and engagement, so you will find that cities are taking up a lot of the opportunities."

Erbach said the plan will determine how to best utilize local cultural assets, including heritage buildings, artists, museums, traditions and festivals as part of the larger Design Regina project.

"The public consultation part is really important," said former mayoral candidate and Creative City Centre board chairwoman Marian Donnelly.

"You have to have public input when you are developing a document like a cultural plan."

"I have been advocating for a number of years that the city should increase the amount of financial support that they are putting into arts and culture," said Donnelly.

"(Currently) all of us are competing for this small amount of money and it really limits what we can do in terms of what we can deliver to the community."

Follow Jeff Mackey on Twitter @MetroJeffMackey

Sixteen staff members cut from SIAST

The Saskatchewan Institute of Applied Science and Technology is cutting 16 staff positions, which has caused concern amongst some students at SIAST.

Cutting nine academic staff members and seven professional services staff from the school's four campuses across Saskatchewan, president and CEO of SIAST Larry Rosia, said the cuts are part of a regular review.

"The layoffs that were announced last week were part of a regular operational review that we conduct on a regular basis," said Rosia. "The resources will be reallocated to growth areas to ensure we remain responsive to both industry needs and our student demands."

He explained the cuts didn't target any particular campus or program.

"If there are programs where there's no employment for our students, then we usually look at those areas closely to see if we need to reassign resources to another area where there is a high demand," said Rosia. "The whole idea is to make the school stronger and make sure we're delivering on our mandate and that is to provide the province of Saskatchewan with skilled workers."

However, some students on the school's Kelsey Campus are wondering what kind of impact the cuts will have.

"I've noticed that they're already understaffed, so it might have a big impact," said Shaylin Martin, who's studying to be an automotive service technician.

Cal Michel, who is training to be a millwright said he feels the impact of the cuts will depend on where they occur.

"It depends on which area," said Michel. "The trades people need more trade instructors if (SIAST) is trying to train more trades people, because there's more trades job opening all the time."

Rosia said although the cuts help put SIAST in a good position to meet the needs of the province, he called the 16 cuts "very unfortunate."

MORGAN MODJESKI/METRO IN SASKATOON

No more waiting

Sask. clears list for intellectually disabled programs

Premier Brad Wall says the government has cleared a waiting list of intellectually disabled people looking for homes or programs.

He says the 440 people who were on the list have all been provided with services. Another 215 people have also been looked after.

The government promised in 2008 that it was going to do more to help people with intellectual disabilities. Since then, it has spent $62.5 million in 41 communities on 75 new group homes and service expansions.

Five hundred staff have been added to provide supported independent living and a day program has been funded to support private service homes and provide specialized supports.

Rosemary Fenrich is a board member with the community-based organization Prairie Branches Enterprise. Her 19-year-old son Benjamin has autism. She says there's nothing more worrisome and challenging than to wonder where her child would live.

"(It's) extremely devastating to be told that there is nowhere for your child to go when they become an adult," she said Monday after Wall's announcement in Regina. "You don't feel that there's any future for your son."

Fenrich said the ministries of social services, health and education need to work together to ensure another wait list doesn't develop.

THE CANADIAN PRESS/CJME

Online tool

Electronic health records upgraded

The provincial healthcare system is getting a better view of the immunization histories of residents through an online tool that gives access to all patient information from community pharmacies. METRO

Beatlemania 2.0?

Sir Paul McCartney will bring 50 years of hits to Saskatchewan this summer for a huge stadium show. The Beatle is the biggest name to come to the Queen City in recent years, so Metro went to the streets to see whether his royal Prairie visit will spark a bandstand-like fan frenzy.

ALYSSA MCDONALD AND MORGAN MODJESKI
regina@metronews.ca

Chelsea Hoyle, Regina, 29, claims assessor

"I think it's good for the city, but not for me. Personally I am not interested, but I think it would be a good attraction. No, I don't think (I would go)."

Sarah Holmes, Saskatoon, 32, stay-at-home mom

"I think it's great. I was raised on the Beatles. I would love to go. I'm so excited that he's coming. If I can get the tickets, I'll be there for sure... I think it's awesome for us. It's long overdue."

Jace Hrycan, Saskatoon, 34, cook

"I would if I had a free ticket. It's cool that he's stopping by just a few years after the Stones. ... It's always a good thing (when big names stop by); it can't be bad."

Jana Waugh, Regina, 26, paralegal

"That's great. It's definitely a good thing for Regina because not much is happening here and I think it is exciting."

James Walker, Saskatoon, 22, eavestrougher

"Knowing that he's part of the Beatles, yeah, definitely. ... It means lots of things are happening (in the province)."

Roxanne Woodley, Saskatoon, 37, business owner

"I think it's great that he's coming, because we don't very often get big stars here. I might go."

2012

Wireless, TV revenues give boost to SaskTel

SaskTel is reporting a good year in 2012 driven by rapid growth in wireless and Max Entertainment television revenues.

The Crown-owned agency is reporting net income of $129.6 million and operating revenues of $1.2 billion, up five per cent, or $56.5 million, from 2011.

The higher-than-budgeted net income was driven, in part, by a rapid growth in wireless revenues resulting from Saskatchewan residents replacing old phones with new smartphones.

The telecom will hand over a dividend of $84.3 million to Crown Investments Corp.

Wireless revenues were up by almost $40 million and the average subscriber to that service spends just about $63 a month for it.

At year end, there were more than 97,000 Max customers, up from just about 94,000 at the end of 2011.

SaskTel's capital spending for the year was $319.8 million, up more than $54 million from 2011.

It says it had to spend that much to grow the capacity and coverage of wireless and wireline networks.

CJWW/THE CANADIAN PRESS

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Plan to attack passenger train derailed, RCMP say

Al-Qaida in Canada?
Details emerge on two Canadian residents charged in terror plot

Two Canadian residents were charged Monday for allegedly planning to attack a VIA Rail train in what the RCMP is calling the first known al-Qaida-directed plot in the country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday.

Police said the suspects had been watching railways in the Greater Toronto Area and were conspiring to derail a passenger train. They said the plot had "direction and guidance" from al-Qaida in Iran.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public," RCMP Assistant Commissioner James Malizia said at a news conference.

Police had Esseghaier and Jaser under surveillance since August. They were put on investigators' radar thanks to tips from the Muslim community, said Supt. Doug Best.

About two dozen Muslim community leaders were told before Monday's news conference that one suspect is Tunisian and one is from the United Arab Emirates.

They have been in the country legally for a "considerable period of time" but are not Canadian citizens, the RCMP said.

A spokeswoman for the University of Sherbrooke told The Canadian Press that Esseghaier studied there in 2008 to 2009.

More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

THE CANADIAN PRESS

RCMP investigate at a home in Toronto after they uncovered a plot to derail a VIA train enroute to New York. Police were carrying out search warrants at locations in Toronto and Montreal on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Bombing suspect's wife knew 'nothing': Lawyer

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam. Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife.

"In the aftermath of the Patriots' Day horror, we know that we never really knew Tamerlan Tsarnaev," the Russell family said in a statement. "Our hearts are sickened by the knowledge, by the horror he has inflicted."

TORSTAR NEWS SERVICE

Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters.

THE ASSOCIATED PRESS

Pradeep Kumar, a 19-year-old garment factory worker, is taken away by police. THE ASSOCIATED PRESS

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

Online exploitation

Private pics got online? Don't lose hope: PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting needhelpnow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

THE CANADIAN PRESS

Calgary

Don't Be That Guy: new sex campaign

"That guy" is the target of a campaign in Calgary aimed at raising awareness about sexual consent.

The posters are aimed at men, reading: "It's not sex when she's passed out" or "when she's wasted."

'That guy.' BILL GRAVELAND/ THE CANADIAN PRESS

The "Don't Be That Guy" posters will be placed in transit trains, buses, bars and clubs.

Joe Campbell of Calgary Communities Against Sexual Abuse says the message is not meant to offend men.

"Within male culture we have to stop viewing the issue of sexual violence as strictly a women's issue, because we all have a responsibility to work towards ending sexual violence."

THE CANADIAN PRESS

Protests. Tensions rise over student takeovers at Mexico's largest university

Teachers and students at Mexico's largest university are expressing frustration with the latest in a series of violent student takeovers of campus offices.

Several dozen professors and department heads published a full-page ad Monday demanding the protesters turn over the rector's office at the National Autonomous University, Latin America's largest university campus.

The landmark 1950s rectory building has exterior murals by David Alfaro Siqueiros that do not appear to have been damaged.

Protesters from a university-affiliated high school system broke windows and seized the offices Friday to demand the reinstatement of fellow protesters expelled for previous takeovers. The masked students say they oppose increased security at satellite campuses and some curriculum changes, like English classes.

The university has endured months-long student takeovers that shut down the entire campus in 1999. THE ASSOCIATED PRESS

Religious grounds used

Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said.

A spokesman said the decision was cancelled and a judicial inquiry launched.

This comes amid fears by some that Islamists, emboldened by election wins, are seeking to slowly enshrine a religious system based on conservative interpretations of Islamic law. THE ASSOCIATED PRESS

China displays disaster relief skills after quake

At least 188 people killed. Refugee camp set up for survivors with everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee camp. China's full range of disaster response is on display: Trucks with x-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts under way Monday in mountainous Sichuan province after a quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun, 28, as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a communications company and co-ordinated by the government in a new addition to the arsenal of services after natural disasters. "If we can charge our phones, we are at least able to keep in touch with our family members outside and that helps to set our minds at ease."

At a mini-clinic with two green cots in the open air and a small tent for doctors to sleep, a doctor said the government has learned the importance of fast co-ordination since the Yushu quake, which killed more than 2,600 people. THE ASSOCIATED PRESS

On Monday, people rest near tents set up in the aftermath of an earthquake that struck southwestern China's Sichuan province on Saturday. THE ASSOCIATED PRESS

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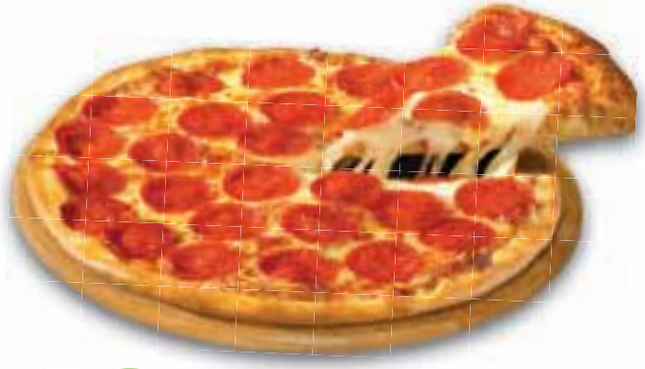

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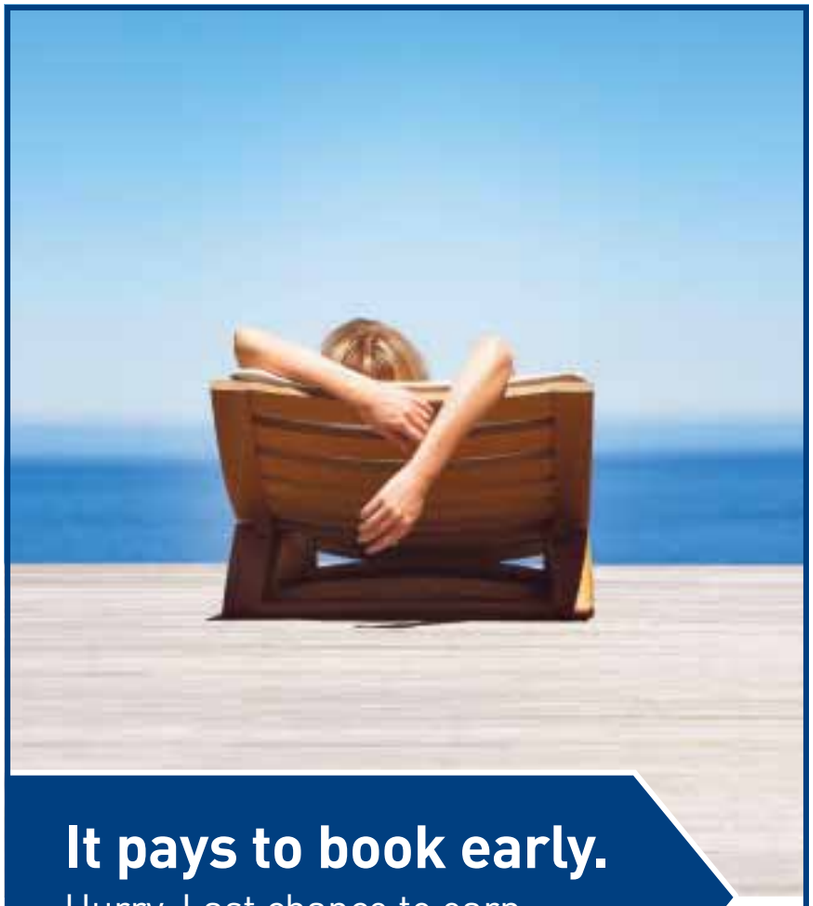

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Daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water can cause choking, throat irritation, breathing trouble and even collapsed lungs, a new U.S. medical report says. YOUTUBE/TORSTAR NEWS SERVICE

Doctors warn against cinnamon challenge

Dangerous prank.
Report says 30 teens in U.S. needed medical attention last year after accepting dare

Teen's story

One Ypsilanti, Mich., teen was hospitalized for a collapsed lung after trying the cinnamon challenge.

- Dejah Reed, 16, was hospitalized for four days and still has to use an inhaler when she runs or talks too fast. She never had asthma or breathing problems before.

Don't take the cinnamon challenge. That's the advice from doctors in a new report about a dangerous prank depicted in popular YouTube videos but which has led to hospitalizations and a surge in calls to U.S. poison centres.

The fad involves daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water. But the spice is caustic, and trying to gulp it down can cause choking, throat irritation, breathing trouble and even collapsed lungs, the report said.

The number of poison control centre calls about teens doing the prank "has increased dramatically," from 51 in 2011 to 222 last year, according to the American Association of Poison Control Centers.

Thousands of YouTube videos depict kids attempting the challenge, resulting in an "orange burst of dragon breath" spewing out of their mouths and sometimes hysterical laughter from friends watching the stunt, said report co-author Dr. Steven E. Lipshultz.

Cinnamon is made from tree bark and contains cellulose fibres that don't easily break down. Animal research suggests that when cinnamon gets into the lungs, it can cause scarring, Lipshultz said.

THE ASSOCIATED PRESS

U.A.E. Skimpy swimwear banned at some beaches

A woman reads the Quran on a beach in Dubai, United Arab Emirates, as people in bikinis swim at sunset. THE ASSOCIATED PRESS FILE

Bikinis and briefs are no longer welcome on some sands in the United Arab Emirates.

Ras al-Khaimah, the northernmost emirate in the U.A.E. about 100 kilometres from Dubai, has posted signs on public beaches warning of possible fines for revealing swimwear such as two-piece bikinis for women and brief trunks for men.

The UAE hosts a patchwork of different social mores among its seven semi-autonomous emirates, ranging from conservative to relatively liberal. Dubai, for example, urges "respectful" attire but rarely objects to outfits such as miniskirts or bikinis.

THE ASSOCIATED PRESS

Edmonton

Stinky corpse flower in bloom

The corpse flower in Edmonton , Monday.

The strong aroma of rotting flesh is filling the greenhouses of the Muttart Conservatory. Eight-metres tall, Putrella, the corpse flower, bloomed overnight Sunday after growing for the last 40 days. It will only bloom for about 36 hours.

METRO IN EDMONTON

Just for Laughs app is 'cheat sheet' for anniversary special

Social TV. Watch the show with your cellphone, and look up historical references

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC-TV on Tuesday.

Quoted

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is."

Bruce Hills, chief operating officer, Just for Laughs

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too preoccupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills said in an interview. (Quayle was George H.W. Bush's vice-president, by the way.)

"You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour."

The comedy festival decided to use the app after trying something similar with a TV special on American politics last year. Hills said it's an example of Just For Laughs trying to offer more to fans while spreading its message across multiple media platforms.

He noted that Just For Laughs has more Facebook followers than the high-profile Lollapalooza music event and the South By Southwest festival in Austin, Texas.

THE CANADIAN PRESS

Ralph Lauren Corp. settles bribery allegations for $1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than $700,000 US of illicit profits and pay an $882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

Germany

Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about $189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational giant.

THE ASSOCIATED PRESS

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N.Y.C. Lawmaker proposes raising minimum age for tobacco purchases to 21

Women smoke while sitting on a Times Square pedestrian island in this file photo. A new proposal would raise the minimum age for tobacco purchases in New York City from 18 to 21. GETTY IMAGES FILE

New York City Council Speaker Christine Quinn is proposing raising the minimum age for tobacco purchases from 18 to 21.

Quinn announced the proposed legislation on Monday and was joined by Health Commissioner Dr. Thomas Farley, other council members and health advocates.

Texas recently attempted to pass legislation changing the age from 18 to 21 but it failed. Several states have a 19 age limit for the purchase of cigarettes. The Bloomberg administration recently unveiled a plan to keep cigarettes out of sight in stores until an adult customer asks for a pack.

New York City has had a ban on smoking in bars, restaurants and other indoor public spaces for 10 years.

THE ASSOCIATED PRESS

Tasteless tees. Nike pulls Boston Massacre shirts

Nike Inc. says it has pulled from the market T-shirts emblazoned with the words Boston Massacre in the aftermath of last week's bombing during the Boston Marathon that killed three people and left dozens injured.

The athletic company, based in Portland, Ore., said Monday that it took immediate action last week to remove the products. The shirts were sold primarily at its factory store outlets.

"We conducted this process as quickly as possible and are confident the product has been removed from distribution," Nike spokeswoman Mary Remuzzi said in a statement emailed to The Associated Press. The shirts, which featured blood-splattered lettering, were designed for New York Yankees fans.

A Boston Massacre shirt for sale at a Nike Outlet. THE ASSOCIATED PRESS

The Boston Massacre phrase has been used to describe a pivotal late-season sweep by the Yankees of the rival Boston Red Sox in 1978. That season culminated in a World Series championship for the Yankees.

THE ASSOCIATED PRESS

Berlin

Lufthansa 1-day strike forces flight cancellations

Ground staff at Lufthansa, Germany's biggest airline, walked off the job Monday on a one-day strike that prompted the company to cancel most of the day's scheduled flights and left it complaining of "excessive" union tactics.

The strike by technicians and service personnel across Germany started in the early hours. Lufthansa moved in advance to head off chaos, announcing on Saturday that it was cancelling almost all scheduled short-haul flights and the majority of long-haul services. The airline planned to operate only 32 of more than 1,700 scheduled flights. THE ASSOCIATED PRESS

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Saskatchewan Liquor and Gaming Authority – Proposed Liquor Permit Application

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that 101224810 Saskatchewan Ltd
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a Special Use – Limousine
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as Mystique Limo
(Name of establishment)

at RR 1, Zehner, SK
(civic address ie street/town)

of which the following is a correct legal description:

2006 Ford Heavy Vehicle
VIN 1FDAF56P66EA71330

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected **by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.**

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

NATIONAL FARE? STICK A FORK IN ME

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, the Canadian government launched a three-week food truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells "Poutine a la Mexicana" among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically "Canadian." Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Québécoise tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially "Canadian" food.

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden where homesick Canucks will happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

"Everyone that approaches the stall has some kind of story about the dish," says Baker. "They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack."

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing, but also distinctly unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a horse, of course

NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**

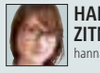
Previous images have been more horse-like but not as detailed.
CFHT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grandmas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated:

"Cold, apricot, relaxing all cool, shoot some b-ball outside the school..." Sound familiar? It should. Kind of — at least for children of the 90s. CDZA, the music video collective who brought us The History of Lyrics That Aren't Lyrics, translates the lyrics of the mind-numbingly catchy Fresh Prince of Bel-Air intro 64 times in Google Translate, and then translates it back into English. @cdzamusic

Stanley's invisible piano:

Sure, cats playing pianos with their paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world:

The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like pot holes and think talking dogs are completely absurd. @thefinebros

Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3
Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I sat there and did not wipe away the tears, but God has another beautiful voice.
Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific'... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a belieber. You can't make this stuff up.
An anonymous reader posted on metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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DVD reviews

Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

●●○○○

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

Jurassic Park 3D

Director. Steven Spielberg

Stars. Sam Neill, Laura Dern, Jeff Goldblum

●●●●●

Adding the extra dimension to Steven Spielberg's 1993 monster thriller turns out to be more than just a 20th-anniversary cash-in. This movie doesn't just stand the test of time, it transcends it. The already impressive T. Rex and velociraptors become more lifelike in 3D, which goes on sale April 23 for those equipped with a 3D Blu-ray player, plus specialized TV and glasses (regular Blu-ray and DVD are also available). The film's large amount of violence, mostly of the claw and fang variety, seems more intense now than before. So much so that today's parents have even more reason than those of a generation ago to make sure their younger children can handle the frights. **PETER HOWELL**

Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Sump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie a Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

Elton speaks

"He actually spoke up for the album's title."

Patrick Stump, lead singer of Fall Out Boy
On Elton John's feelings toward their recent album called Save Rock and Roll

Girl power

"We thought it would be important to have an iconic female voice on the album."

Pete Wentz, bassist for Fall Out Boy
On why Courtney Love was asked to feature on their new album

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Reese Witherspoon. ALL IMAGES GETTY

Witherspoon embarrassed after recent run in with law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.

Justin Bieber

Are Bieber and Gomez back on after photo of pair surfaces briefly online?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.

The Word

Lacking the X-Factor – Host Kardashian gets the boot

THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make. Khloe Kardashian has been booted off Fox's The X Factor, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host The X Factor," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of The X Factor," said Cowell in a statement. "Hosting a live show and keeping the judges — especially Demi — in line, is not an easy job, but Mario is a pro and we are glad he's coming back."

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of Saved By The Bell?

Ozzy Osbourne

Despite coming clean about his vices, Ozzy could still lose wife Sharon

Ozzy Osbourne may have come clean about his recent battles with drugs and alcohol, but that doesn't mean the public gesture was enough to patch things up with wife Sharon Osbourne, according to the Daily Star. "She just wants out at this point," a source says. "Ozzy seems to think he can win her back, but Sharon isn't so sure as she's been living in a private hell." Exactly what kind of a private hell are we talking about here? "He kept accusing Sharon of trying to kill him. It was heartbreaking for her," the source says.

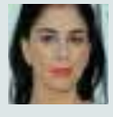
Nick Lachey

Lachey and wife Vanessa Minnillo leaving L.A. to raise baby son in Ohio

No disrespect to L.A., but Nick Lachey doesn't think it's any place to raise a child — at least not his seven-month-old son, Camden. Which is why he and wife Vanessa Minnillo are packing up and heading to Ohio, he tells Access Hollywood. "I loved growing up in Cincinnati where I'm from. My brother's there, his kids are there, my parents are there," Lachey says. "I want to try to give him the most normal childhood he can have."

Twitter

@oliviawilde
The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.



@SarahKSilverman
Dear House of Representatives, Who exactly are you representing?

@jason_mraz
Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of The End of Diabetes, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA McGUINNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells Metro. "Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more."

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:
A Fruits, nuts, vegetables or a whole grain product.
B Unsweetened cereal with soy or almond milk.
C Conventional, sweetened cereal with cow's milk.
D A donut and a cup of coffee with sugar.

2. Throughout the day you drink:
A Water or herbal tea
B Coffee or tea, plain with no sweetener.
C Diet soda
D Sugary soda, coffee or tea

3. Mid-afternoon, you feel:
A Energetic, as always.
B A little sluggish … but you can still function productively.
C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
D Burned-out. You can't focus until you've had a chocolate

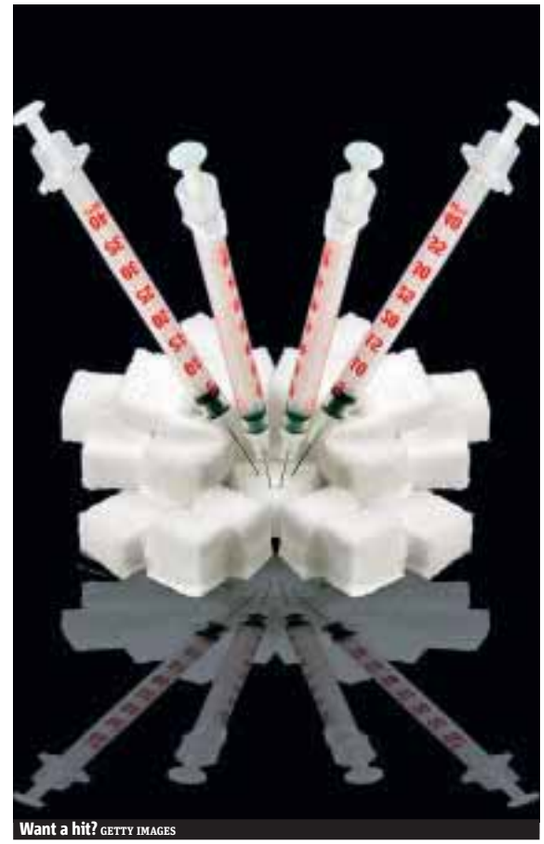
bar and a can of full fat coke.

4. You're eating a sugary dessert … you feel:
A It's just not worth eating such junk.
B Enjoyment.
C A little happier.
D Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:
A Wonderfully sweet and delicious. You eat your five-a-day.
B Tasty. You have at least one piece of fruit every day
C OK, but you'd rather have apple pie than an apple.
D Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie … You:
A I do not eat sugary foods.
B Feel satisfied But then you move on with your day.
C Are tempted to eat more, but force yourself to stop.
D Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?
A This rarely happens, but when it does, you get on with your day, knowing that it will pass.
B Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.



Want a hit? GETTY IMAGES

C Find another sugary alternative in the house to quell the craving.
D Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day … so you:
A Get some exercise and try to relax.
B Space out in front of the TV, with a stiff drink.
C Allow yourself one slice of cake, or one piece of candy.
D Binge out on ice cream and candy.

9. If you go without sugar for a few days, you feel:
A No different. You rarely eat sugar.
B Brighter and more energetic.
C Tired and your head hurts.
D Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:
A Easy, since you almost never eat it anyway.
B Like a healthy thing to do. But you want to have sugary foods occasionally.
C Good, but you don't think it's possible.
D Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:
A A drawing sensation in the throat, but it's not very uncomfortable.
B A grumbling stomach.
C Light-headedness and headaches.
D Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.

The tip

How to overcome your addiction to sugar

"However daunting this task may seem, the only way to break an addiction is to abstain," says Dr. Fuhrman. "You, not your cravings, are in charge of your health. When you stop exposing yourself to junk food, you may initially feel sick as the body attempts to repair the damage done by your previous diet. So yes, you may feel worse before you feel better. But over time the desire will fade away."

ROMINA MCGUINNESS/MWN

Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

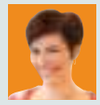
THE ASSOCIATED PRESS

Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder

Health Solutions

There's no 'P' in asparagus?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style! Asparagus is a fast growing shoot that delivers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt
- Chop and add to soups for the last 5 minutes
- Chop and steam, sautée in chicken broth for 5 minutes covered
- Wrap in prosciutto and bake at 350 for 15 minutes
- Poached, cooled and served with a curry yogurt dip

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Snack. Cedar-planked Pecan, Bourbon and Brown Sugar Glazed Brie

Ingredients

- Cedar grilling plank (about 6-by-8 inches)
- 1/2 cup packed dark brown sugar
- 1/4 cup chopped pecans
- 2 tbsp dried cherries and/or chopped dried apricots
- 1 tbsp bourbon
- 8 oz round brie
- 1 tbsp no-sugar raspberry jam
- 1 Granny Smith apple, cored and thinly sliced
- 1 pear, cored and thinly sliced
- 2 tbsp lemon juice
- Small bunch of grapes
- Water crackers, to serve

1. Soak the cedar plank in water for at least 30 minutes. If necessary, weigh it down to keep it submerged.

2. Meanwhile, in a small bowl stir together the brown sugar, pecans, dried cherries and bourbon. This step can be done up to a week ahead. If so, cover and refrigerate until needed.

3. Heat the grill to indirect medium heat. The cheese also can be prepared in the oven. For the latter, heat it to 400 F.

4. Place the brie on the wet cedar plank. Spread the jam over the top of the cheese. Spoon the fruit and nut mixture over the jam. You may not need all of the nut mixture. Place the plank with the brie either on the grill grates or on a cookie sheet in the oven.

5. Either way, cook for 10 minutes, or until the brie is slightly softened and the sugar melts. Meanwhile, in a medium bowl, toss the apple and pear slices with the lemon juice. Arrange the slices and grapes around the side of the brie. Serve on the plank with a cheese knife. Serves 6.

THE ASSOCIATED PRESS

Bean there, done that: Favas give this burger their best

If you buy fresh fava beans, you'll need to peel and cook them. To do this, remove the beans from the pods and cook in boiling salted water until just tender. Depending on the size of the bean, this should take 2 to 8 minutes. Drain and transfer to a bowl of ice water. When cool, slip the skins off the beans and proceed with the recipe. Some grocers also sell fresh or frozen peeled favas. If you can't find favas, substitute frozen lima beans.

Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot smoked paprika or cayenne pepper
- 1 3/4 cups shelled peeled fresh fava beans or frozen lima beans (thawed)
- 1 large egg, lightly beaten
- 2 tbsp tahini (stir well before measuring)
- Kosher salt and ground black pepper
- 1 cup plain non-fat Greek yogurt
- 4-inch slice seedless cucumber, coarsely grated (about 1/2 cup, packed)
- 3/4 cup panko breadcrumbs

This recipe serves 4 and takes one hour from start to finish.
THE ASSOCIATED PRESS

1. In a large skillet over medium, heat 1 tablespoon of the oil. Reduce the heat to medium low, add the onion and cook until softened, about 5 minutes. Add 1 teaspoon of the garlic, the cumin, coriander and paprika, then cook for 1 minute, stirring. Transfer to a medium bowl.

2. In a food processor, pulse the fava beans just until they are coarsely chopped. Transfer 1/2 cup of the chopped favas to the onion mixture.

3. To the food processor, add the egg, tahini, 1/2 teaspoon of salt and pepper to taste. Process the mixture until finely ground, then stir it into the onion mixture. Cover the mixture and chill it for 30 minutes.

4. While the mixture is chilling, in a small bowl combine the yogurt, the remaining 1/2 teaspoon garlic, the cucumber and salt to taste. Set aside.

5. Shape the chilled falafel mixture into 4 patties (the mixture will be loose). Spread the panko on a sheet of parchment paper and dip the patties into the crumbs to coat on all sides.

6. In a large nonstick skillet over medium, heat 1 1/2 tablespoons of the remaining oil. Add the falafel patties and cook until crisp and golden on one side, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil and turn the patties; cook for another 3 minutes, or until crisp and golden.

7. To serve, transfer the patties to serving plates and top with yogurt sauce.

THE ASSOCIATED PRESS

Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, The Butler Speaks, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

Setting the standard in etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).

The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course.
The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.

The Chinese place setting

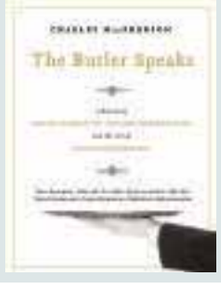
In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.

The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.

The Butler Speaks

This excerpt from The Butler Speaks is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.

Young Canadian with no job? You're not alone

Alison on money. Unemployment and under-employment still a concern for people with university degrees

YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

Unemployment rates

- 15.2 per cent youth unemployment during the Great Recession.
- 19.2 per cent youth unemployment during the early 1980s recession.

Buffalo Sabres goalie Jhonas Enroth makes a save as teammate Christian Ehrhoff defends Kyle Wellwood of the Winnipeg Jets on Monday in Buffalo. The Jets won 2-1. SEAN RUDYK/GETTY IMAGES

Jets refuse to leave playoffs' doorstep

NHL. Win over Buffalo puts Winnipeg one point behind Ottawa, New York Rangers and Washington

On Monday

Jets	Sabres
2	1

Antti Miettinen scored with 7:36 left to keep the surging Winnipeg Jets in the playoff race with a 2-1 win over the Buffalo Sabres on Monday night.

Ondrej Pavelec stopped 24 shots, including a huge glove save on Thomas Vanek with 5:45 left to preserve the victory.

Winnipeg (24-19-3) improved 6-0-1 in its past seven and moved within a point of the Ottawa Senators and New York Rangers, who are currently holding down the Eastern Conference's seventh and eighth seeds.

Just as important, the Jets also crept to within a point of Southeast Division-leading Washington. That sets up a critical showdown on Tuesday, when Winnipeg travels to play the Capitals.

Miettinen's goal came on what began as an innocent play, with the Jets' James Wright carrying the puck up the left wing against four Buffalo defenders. Gaining the Sabres' zone, he dropped a pass to Miettinen, who snapped a shot from the top of the right circle.

With Evander Kane cutting across in front to provide a screen, the puck sneaked in under goalie Jhonas Enroth's left arm and had enough to dribble in behind him.

Aaron Gagnon also scored for Winnipeg, which swept the three-game season series and improved to 6-0-1 in its last seven meetings against the Sabres.

Vanek scored the lone goal for Buffalo (19-21-6), which was knocked out of playoff contention with an 8-4 loss to the Rangers on Friday.

Winnipeg's seven-game point streak is its longest since going 6-0-1 from Nov. 22-Dec. 5, 2006, when the franchise was still the Atlanta Thrashers.

THE ASSOCIATED PRESS

MLB. Yankees' Cano denies report linking associate to Biogenesis clinic

New York Yankees second baseman Robinson Cano denied any involvement with a South Florida clinic under investigation by Major League Baseball after a report linked an associate of his to the facility.

ESPN reported Monday that the spokeswoman for Cano's foundation is listed as having been a client of Biogenesis of America LLC, a now-closed anti-aging clinic in Coral Gables. She told ESPN she did not receive anything from the clinic and said Cano never did, either. Yankees third baseman Alex Rodriguez is also linked to clinic. The Miami New Times reported in January it had obtained files showing Rodriguez bought banned substances from the facility. Rodriguez's spokesman has denied the allegations.

Before Monday night's game at Tampa Bay, Cano said he does not feel there is a need to contact Sonia Cruz, the spokeswoman for his foundation.

"It has nothing to do with me," Cano said. "I'm just going to keep playing my game."

THE ASSOCIATED PRESS

Robinson Cano in Tampa Bay on Monday night. GETTY IMAGES

QMJHL

Armada release NHL prospect after he deserts team

The Blainville-Boisbriand Armada released New Jersey Devils prospect Stefan Matteau on Monday for deserting the team following a playoff game.

General manager Joel Bouchard said the club had to uphold its rules and values even when it is in the midst of a playoff series. The Armada trail the Baie-Comeau Drakkar 2-0 in a best-of-seven Quebec Major Junior Hockey League semifinal series.

Reportedly unhappy with his ice time, 19-year-old Stefan Matteau did not get on the team bus after a loss in Baie-Comeau, Que., on Sunday, but rode back home on a fan bus instead.

THE CANADIAN PRESS

NBA

Knicks' J.R. Smith named Sixth Man of the Year

J.R. Smith won the NBA's Sixth Man of the Year award Monday after turning a role he didn't want into one of the strengths of the New York Knicks' first division championship team in nearly two decades.

Smith received 484 points, including 72 first-place votes, from a panel of 121 writers and broadcasters. The Clippers' Jamal Crawford finished second with 352 points, getting 31 first-place votes.

Smith averaged 18.1 points in 80 games, all off the bench.

THE ASSOCIATED PRESS

NBA

Sun sets on Phoenix GM

Lance Blanks' short run as Phoenix Suns general manager is over.

The Suns announced on Monday that they were parting ways with Blanks after the second-worst season in franchise history and third straight year of missing the playoffs.

"Lance has been a trusted friend and colleague," Suns president of basketball operations Lon Babby said in a statement. "I thank him personally and professionally for his hard work on behalf of the Suns."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

♉ Taurus
April 21 - May 21
You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

♊ Gemini
May 22 - June 21
You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

♋ Cancer
June 22 - July 23
There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

♌ Leo
July 24 - Aug. 23
The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

♍ Virgo
Aug. 24 - Sept. 23
Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are — use your imagination to envision a new future for yourself – then make it happen.

♎ Libra
Sept. 24 - Oct. 23
You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

♏ Scorpio
Oct. 24 - Nov. 22
It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life

♐ Sagittarius
Nov. 23 - Dec. 21
No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

♑ Capricorn
Dec. 22 - Jan. 20
What you need to recognize is that different people have different personalities and therefore different ways of doing things.

♒ Aquarius
Jan. 21 - Feb. 19
The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

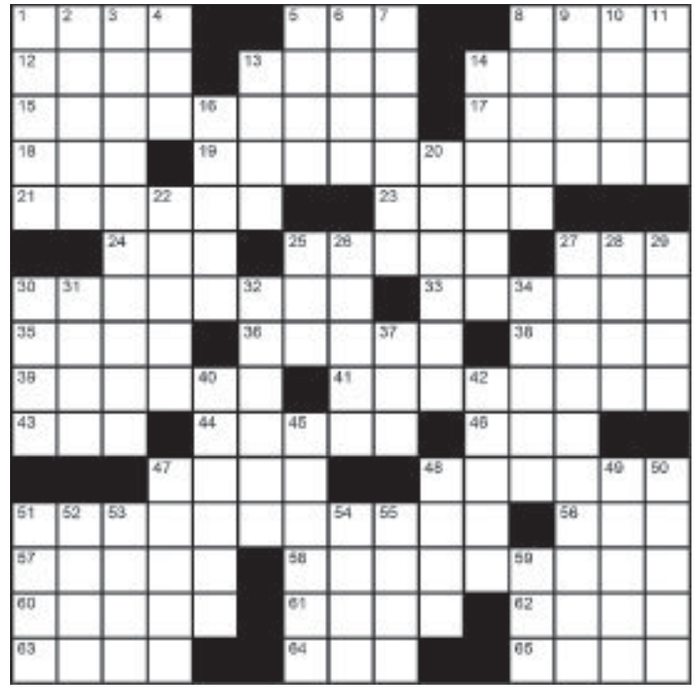
♓ Pisces
Feb. 20 - March 20
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

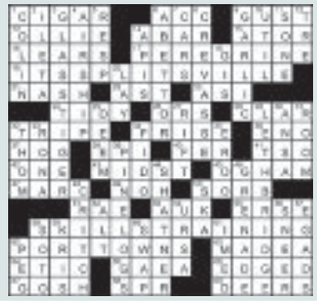
BY KELLY ANN BUCHANAN



Across
1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, _-__
18. "Let's call __ _ day."
19. Way to sell products on TV
21. Directions: "Can you __ __ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain __" (1988)
30. Sandra Bullock is Canadian in "The __" (2009)
33. Tart-tasting
35. Grazing grasslands
36. Intense
38. Early filmmaker, Thomas H. __
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for short
47. Small obi accessory
48. Rescuers
51. 13th PM, John __
56. Soldier's food-in-a-packet [acronym]
57. "Monster-__-__" (2005)
58. __ Island, Nunavut
60. Parts of windows
61. Early-'80s hit: "Just the Two __ __"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. _-__ (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera __ Ottawa (Professional opera company)

Down
1. Install anew
2. Fred Flintstone's boss, Mr. __
3. Pro helping a singer: 2 wds.
4. Apple __
5. Actor Mr. Daniels
6. X-__ knife
7. Group of Seven member, Arthur __ (b.1885 - d.1969)
8. Touch of colour
9. "Bonne Fete _ ___..."
10. Ms. Wilson of "La Femme Nikita"
11. Cover the falcon's eyes
13. Sup
14. Cherry: French
16. __ stick
20. Symbol
22. Expire
25. Central-__
26. Dodge
27. PEI novelist, Lucy Maud __ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard __ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. "__ __ __ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's "_ __ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just __ _ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: __, Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on scoreboards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3				4	8		
2			7	6				3
					8	1		
		2		9				8
	8						5	
5				7		2		
		5	1					
4				8	7			9
		9	3				4	5

Yesterday's Sudoku

5	2	7	1	3	4	9	6	8
9	1	4	6	8	5	2	3	7
3	6	8	7	9	2	4	5	1
1	5	9	4	6	8	7	2	3
7	8	2	3	1	9	5	4	6
4	3	6	2	5	7	8	1	9
2	9	3	5	7	1	6	8	4
6	7	5	8	4	3	1	9	2
8	4	1	9	2	6	3	7	5

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